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The Pacifcan

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University of the Pacific's Newspaper since 1908

VOLUME 103, ISSUE 17

THURSDAY, JANUARY 26, 2012

ASuop Elections Start Next Month

Juliene Sesar
LAYOUT EDITOR

Elections for the upcoming 2012-2013 ASuop President, vice-President, and senators will be held from February 24th until March 1st at 5PM.

Pacific students can find application for all elected positions on ASuop's OrgSync page under files and application, or students can go to ASuop office located on the second floor of the McCaffrey Center across from Housing and Greek Life. Students are encouraged to run in the upcoming election.

"I think that in terms of the President it's really having a general idea of how the university functions and being able to identify a handful of problems that they want to see fixed," said Jenn Mazzotta, Student Activities Assistant Director, about what ASuop hopes for from an ASuop Presidential candidate. "That driving force or passion about what they need to see fixed is usually what's best."

The Vice-President, while very similar to the President, is encouraged to be detailed-oriented, organized, and social. The vice-President goes out and talks to their peers, where as the President is more responsible for conveying what the students wants are to the administration according to Mazzotta.

There are also 8 seated senate positions, including 1 for the graduate program, that represent each college at University of the Pacific. As well as three senator-at-large positions representing multicultural affairs, housing, and athletes.

"Senators decide well over \$700,000 worth of budget each year, which is hugely impactful," said Mazzotta. "Senators are the voting body that makes the decisions on where that money goes."

These positions are highly recommended to students that are interested in their individual college, and want to represent that college for the student body.

The deadline for ASuop election candidates is Tuesday, February 7th.



University of the Pacific

The McCaffrey Center Stage was originally located in the space to the left of the Grove.

A Stage at McCaffrey?

Karla Cortez
COPY EDITOR

The majority may not know this, but juniors and seniors may recall a stage that used to be located at the McCaffrey Center. This is due to the fact that, to the surprise of many, the stage was removed. Many students and members of the administration were not only puzzled to hear this news, but have since been attempting to bring back the McCaffrey Center stage; brand new and better than ever.

The process to draw attention to the interest and desire for the return of the stage has been frustrating for many individuals. This is understandable though, given the fact that the University of the Pacific is a large organization divided into many branches. Each with their own internal structures, quite similar to bureaucratic agencies, which must heed not only the in-

terests of students, but also the advice of offices such as Student Life, Risk Management, Housing and Greek Life, Physical Plant and many more.

One can only agree that certain questions must be addressed, in the words of Jason Velo, Director of Student Life, "Who makes those determinations? Who gets notified? So when you have a venue that is somewhat popular with students and is utilized and is deemed unsafe? What happens, is there a plan to fix it? How was it that it stayed just empty for two years?"

When interviewing Velo he expressed the difficulties of communication within the university. Velo stated, "One of the biggest questions we had [Student Life] was because there wasn't any consultation with 'we're going to tear down the stage'. It was kind of a big programming space we utilized, so it was a bit of a surprise to us when it came down, and it was an even bigger surprise

to us when there wasn't an immediate plan to replace it with something. It literally just stood there for two and a half years, as in my view... kind of an eyesore."

The McCaffrey Stage was removed after a request by Pacific's Ambassadors to use the stage for orientation during the summer of 2009. According to the University of the Pacific's Office of Risk Management, "Removal of the McCaffrey stage was authorized by Risk Management due to rusted bolts, rotted wood and soft spots that could give way under foot."

In an interview with Rich Rojo, Executive Director of Marketing, and Steve Jacobsen, the Assistant Vice-President for Residential Living, Rojo stated, "I think it's possible that because it was a safety issue the work just got done, you know, without a dialogue process... and given the same situation again I'm not so sure we would change that..."

Rojo also commented,

that "once it deteriorated to a certain point they said that repairs aren't going to work anymore, we're just going to have to take it down. So I don't think it was that much of an issue of putting a lot of resources into it over the years, I think they kept it up as long as they could."

Speaking to the stage's slow deterioration, which according to Velo, "was a flimsy design to begin with," requests to repair the McCaffrey

Center stage were submitted quite often. "The Student Activities Department would always resubmit every year, annually, to redo the wooden steps because the screws would come undone and it'd be kind of messed up," said Velo.

So the question may be asked of why there was never any conversation previous to the stage's complete deterioration.

Rojo replied saying, "We've got other facilities that were higher priorities... they had to remove the hazardous condition here, but it didn't mean that it would be up in the maintenance cue."

Once a building on campus is deemed hazardous it must go down, but what an individual can see as a simple problem of a lack of dealing with a repetitive issue is a lot more complicated. For the plans of a new stage to

MCCAFFREY STAGE
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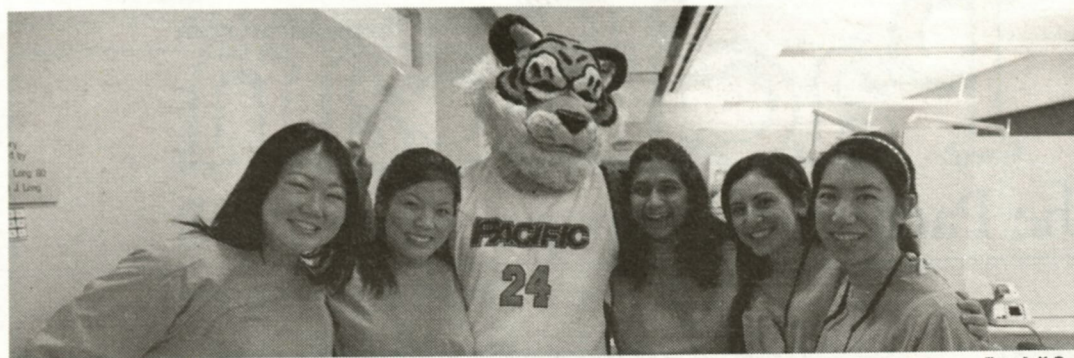


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PowerCat and Pacific students at the 2011 Give Kids a Smile Event.

Randall Gee

'Give Kids a Smile': A Dental Outreach Into The Community

Sara Menges
NEWS EDITOR

With the combined efforts of the Pacific's Dugoni School of Dentistry, and the dental professionals at the San Joaquin Dental Society, each year for National Oral Health Month the "Give Kids a Smile" event is put together. This February, the event will take place on Saturday the 4th at Pacific's Stockton dental clinic located at 757 Brookside Road.

This involves free check-ups and dental treatments for children under 17 years. "It was important for us to have an event every year to give back to the community,

what better month than Oral Health Month." Dr. Noe Mora, member and Media Director of the San Joaquin Dental Society (SJDS), explains when asked why the Give Kids a Smile program started.

Dr. Mora also adds that, "It helps a lot with Pacific letting us use their dental clinic because it is a perfect location since they have about 25 chairs there." The 25 chairs that will enable Give Kids a Smile to reach their target of serving 300 kids this year; the maximum capacity for the facility that will open from 8AM to 3PM that Saturday.

Last year the event served about 275 children with over

100 thousand dollars worth of dentistry provided. Dr. Mora also states that they are expecting up to 50 dentists and over 300 volunteers to participate. Services include but are not limited to: dental screenings, cleanings, fluoride treatments, and even emergency treatments.

In addition to providing dental services, the event aims to educate children on staying healthy. "We try to concentrate on education because when you educate you can prevent disease," explains Dr. Mora before concluding that he expects this year's Give Kids a Smile to be a "great event and we hope that it will get better and better every year."

McCaffrey Stage

MCCAFFREY STAGE
CONTINUED FROM PAGE 1

be put into action, ASuop had to draw attention to the issue repetitively, student input, administrative input and a professional architect had to be contracted.

Steve Jacobsen stated, "We've met with the Director of Physical Plant, Scott Heaton, and we've talked with the students, we've talked with ASuop, we got to talk to Student Activities...and what's happening is that we're having the architects draw plans for this right now." When asked for an estimate of how long the plans would take for the project to be completed, Jacobsen replied, "I hope by the end of the fiscal year; so by this summer."

The influence of student involvement in trying to get the McCaffrey stage put back was key. Rojo stated, "I would give Ashton [Datcher, current ASuop President] a lot of credit for her persistence, you know, keeping it alive as

an issue, making sure the university comes back and does something with it."

Datcher stated her reason for wanting the McCaffrey stage back, "I was looking through pictures of past years and there used to be like larger concerts, like the ASuop concert in the spring. They used to have something like that over on the McCaffrey stage; and it was so cool seeing like every layer of McCaffrey all the way up to where housing is just like packed with students. Everyone was just, I don't know, just enjoying themselves and the space that...people after this junior class, they won't even know that ever existed if they didn't have to go look in those yearbooks." Datcher ran last year for ASuop with the goal of bringing attention to the McCaffrey stage as one of her major platforms. The work and communication brought by the student perspective accomplished much within an organization as large as University of the Pacific. Al-

though many were frustrated with the amount of time and effort it took for actions to be taken in or to return the stage, success was reached.

Many other students who were adamant in keeping the stage an issue in the past are excited for its return. David Creel, who mentioned the stage to President Eibeck during one of her fireside chats last semester stated, "The McCaffrey center stage would not only provide an excellent space to showcase talent, but also help create a more desirable atmosphere for those looking to move into the apartments upstairs." From the perspective of administration, Rich Rojo stated, "We all would have liked this to happen faster, and it took some students to keep it moving along. So you know that's not a story I love about the university but it's okay, these things happen and you know the nice thing is when you give the university a chance to talk about it." So with the efforts of both students and administration, the university is able to obtain more resources to improve student life on campus.

In Remembrance of Professor Nyberg

Natalie Compton
SOCIAL MEDIA COORDINATOR

This winter, former Pacific Professor Emeritus Walter L. Nyberg, Ph.D. died of congestive heart failure at his home in Aptos, California. He was 89 years old.

Professor Nyberg was born in Minneapolis on November 20, 1922 but spent most of his life outside of the City of Lakes. In 1942, he joined the Navy and served during war years until 1946.

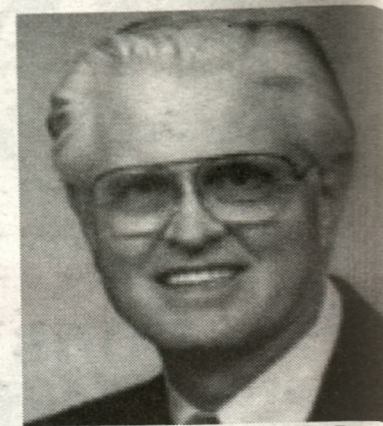
Retired Pacific Professor Larry Meredith, whose office was just across the hall from Nyberg's in Sears Hall, saw photos of Nyberg during his naval days. "We saw pictures of him in his Navy uniform," Meredith said. "He was movie star handsome."

Professor Nyberg continued his education at Boston University School of Theology where he received his Bachelors of Sacred Theology and Masters of Sacred Theology. He later earned his Ph.D. at New York University.

In 1962, Professor Nyberg started teaching in the Religious Studies Department of the University of the Pacific. He taught classes on the Psychology of Religion, the Bible, and Religious Education at Pacific for 28 years.

Though some students didn't take to his direct teaching style, Professor Nyberg received many course evaluations praising his teaching ability. After leaving Pacific, Nyberg often returned to the campus.

"He used to come to campus



The Record

from time to time, especially for the Collier lectures," current Pacific Professor and Religion and Classical Studies Chair George Randels said.

In addition to his scholarly pursuits, Professor Nyberg was a Methodist minister, a Marriage and Family Counselor and a hypnotherapist. He was remembered for his passion for singing, affinity for reading, involvement in the community, and his welcoming presence.

Professor Nyberg was also known for his family life. He was married to Ruth Brewster Whitney for 66 years. According to Meredith, Nyberg's love for his wife stood out above all things.

"The main thing, he absolutely adored his wife," Meredith said. "He respected her. You could just see it."

Professor Nyberg is survived by his wife, his four children, his six grandchildren and four great grandchildren.

"At the memorial just a week ago, his son said 'I thought my father was a great man,'" Meredith explained. "That was Walt."

Occupy Pacific Postponed

Juliene Sesar
LAYOUT EDITOR

The original event for Occupy Pacific, tenting on the DeRosa University Center Lawn was postponed last Friday, January 20th. "There was originally an event scheduled, but we decided to move it because we understood that a lot of people (would have been) busy (that) weekend due to the variety of events," said Melissa Davis, C.O. 2014.

Occupy Pacific will continue to be a voice on campus. On Friday, February 3rd, they will be having a meeting, and on Tuesday, January 31st some members will be going to a lecture by Professor Richard on general assembly tactics and processes in George Wilson Hall at 12PM.

More information and updates on Occupy Pacific can be found in the next issue of *The Pacifican*.



Brigham Young University
Gladys Knight and the Saints Unified Voices Choir.

Saints Unified Voices Performing Tomorrow

Sara Menges
NEWS EDITOR

Tomorrow, Friday January 27th, the Saints Unified Voices Choir directed by Gladys Knight will be visiting Stockton to perform. The event will take place at The Church of Jesus Christ of Latter-Day Saints located at 800 Brookside Road, across from Monagan Resident Hall.

As mentioned in their brochure on the event, the Saints Unified Voices aim to use music as a way to break "the barriers of culture and language to bring people together worldwide." Since their formation in 2002 the Choir has traveled all across the United States to perform and share their story. In 2005 their album *One Voice* received a Grammy Award for Best Gospel Choir or Chorus Album.

"This will be a once in a lifetime experience to see a Grammy Award winning choir and powerful testimonies by Gladys Knight and her husband" explains Elder Maio, Missionary from The Church of Jesus Christ of Latter-Day Saints. Elder Maio and his companion Elder Webster explain that the event will allow people to "feel the spirit through music" as well as learn more about the Church.

There will be two showtimes, one starting at 5:30pm and another at 8:30pm. Although the event is free, tickets reservations are required. Everyone who is interested in attending can reserve a ticket by contacting Elder Maio and Elder Webster at (209) 423-8532.

"Don't miss the opportunity to come and listen to inspiring music that will change your life," concludes Elder Webster as he encourages all of the Pacific community to attend.

Juan Cole Speaks at Pacific on Arab Springs

George Do
CONTRIBUTING WRITER

On Friday, January 20th, the School of International Studies welcomed Juan Cole, a professor of history at the University of Michigan and an expert of Middle Eastern and Western relations, as part of the Distinguished Lecture Series. The purpose of the lecture was to bring in information about international issues that may not be a part of Pacific's regular curriculum.

One of the coordinators, Maya Campbell, attributes part of seeking Cole for a lecture due to "students' interest in the Middle East" as well as "the prominence of that region in the news lately."

Cole's talk featured the contemporary revolutions that occurred this previous year in the Arab world. Known collectively as the Arab Spring, people from oppressive regimes have decided to rise against their national governments to remove the political leaders responsible for the mistreatment. Revolutions have surfaced in Tunisia, Egypt, Libya, Yemen,

Bahrain, and Syria.

Juan Cole describes this chain of revolutions as an example of a butterfly effect, where a seemingly small event can cause drastic changes. The origins of the Arab Spring can be traced to a young demonstrator in Tunisia, Mohamed Bouazizi, who lit himself on fire in protest to his local officials who prevented him from working and supporting his family. News of this demonstration and its reaction by the President spread throughout the countryside and escalated into a march upon the capitol, Tunis. The military turned its back on the president leading to the displacement of Ben Ali. The people of Tunisia succeeded.

News of Tunisia's advances spread across the world. This inspired other citizens to rise against their own oppressive regimes. The effects would lead to the overthrowing of the governments in Egypt and Libya. Conflicts within Yemen, Bahrain, and Syria are still being contested.

Juan Cole attributes the relative successes in the various countries to the "actions of the national militia." Tunisia and Egypt did not feature national militia attacking the protesters while the other four did feature this.

"The global ramifications of the work of the protesters are not as significant as they may seem," says Juan Cole. The people's revolutions are great for local politics, but there are little worldwide effects that have emerged he continues to explain. The Arab world may be "run better", but the trade routes and country to country diplomatic matters would seem to not jeopardize any serious priorities for the trade partners of the Arab world.

The effect may be inspirational for others around the world to change their individual governments, but for now, the world moves on as the Arab world tries to find out what it wants to be.

Public Safety



Weekly Report
January 15th - 21st

Annoying Calls

Casa Jackson 011512

Victim reported receiving harassing calls. Officer initiated a report of harassing calls with intent to annoy.

Auto Burglary

Off Campus 011512

Victim's girlfriend reported his vehicle burglarized while parked on Bonnie and Stadium. Officer responded and initiated a report.

Resisting Arrest

Stadium Dr. 011612

Caller reported two suspicious males on bicycles looking into parked vehicles with flashlights. Officer located the suspects on Bonnie. Suspects fled on foot. Additional officers and SPD responded to assist. Suspect's bicycles and a backpack (containing a car stereo) were left in the area and booked as evidence.

Auto Theft

Chapel Ln. 011612

Officers responded to a report of a stolen vehicle. Victim reported her Toyota was parked on South side of Grace Covell. The vehicle was later located on Kelly Dr. and the suspect was taken into custody. Officer initiated a report.

Warrant Arrest

Woodbridge 011712

Staff reported a subject matching the description of an earlier incident involving a suspicious male in lot 7. Subject was interviewed and subsequently arrested on an outstanding warrant.

Traffic Criminal

Lot 23 011912

Victim reported his vehicle was hit while parked in the lot. Officer responded and initiated a report.

Warrant Arrest

Lot 35 012012

Officer conducted a checkout on a male subject. Subject was arrested for an outstanding warrant and transported to the county jail.

For more information or to access the full Weekly Report please visit:
<http://www.pacific.edu/Campus-Life/Safety-and-Conduct.html>

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PERSPECTIVES



Who is your
favorite professor
on campus?
What was your
favorite course?
Why?

"Dr. Camilla Saviz, I feel like she knows everything. She's amazing."

@Thanh Do,
C.O. 2012

"I like Dr. Land because he's challenging, and I think he prepares you for the future."

@Lindsay
Egginger,
C.O. 2015

"Buddhism and I found it so interesting. It expanded past what the West sees. We had to study a lot on our own, so we could form our own opinions. We studied over 10 Buddhist sects. I enjoyed it and learned a lot. Prof. Storch and Prof. Norton are my favorites."

@Lauren Movlai,
C.O. 2012

"Dr. Lichter-Heath, favorite class was Business Law because it had obvious real world implications. The teaching methods made sense to me."

@Caitlin Trepp,
C.O. 2014

"Phonetics with Simalee Smith, because she was a fun teacher and the materials were functional and enjoyable to learn about."

@Alysha Urbano,
C.O. 2013

"My favorite class is Psychology of Gender. It allows you to question the very basic foundations of society that we have been told not to question for so long. The class is open to different and new interpretations of gender and what role gender is and should be."

@Margaret
Williams,
C.O. 2014

Anti-Pirating Bill REJECTED

Mitchell Woerner
STAFF WRITER

Last week a massive blackout took place across the internet. Major websites like Wikipedia and Reddit went dark in protest of two pieces of legislation, SOPA and PIPA. Google's front page had a link to a petition to stop these two bills and got 4.5 million signatures. The Internet had spoken, and it spoke loudly. Senators, Representatives and the White House have run away from the bill after outrage from the Internet alongside companies like Google, Facebook, and Twitter. What SOPA and PIPA would do is shut down websites that had just one single bit of copyrighted content on it. It requires very little evidence in terms of proving that there's pirated content on a site.

This greatly effects content sites such as YouTube, and Reddit. Social networking sites that often include the sharing of links can also be taken down. This bill will increase self-censorship tenfold. Due to this more and more people will be less likely to start up their own websites or create their own content. People uploading a video of themselves covering a song can face up to five years in jail. Another giant problem with the bill is that it would effect sites beyond the United States. The Department of Justice can block sites outside of the United States and its actual jurisdiction.

While piracy is indeed a problem this bill is more about censorship than it is protecting copyright. The way to stop piracy isn't by censoring content on the internet and throwing people in jail for downloading a song. Video games are also the subject of piracy and many different game companies have tried to stop it. Ubisoft forces people to install Digital Rights Management software on their computer when they purchase their games. Gabe Newell, CEO and cofounder of Valve, a highly successful video game company also created the most popular digital distribution service for video games. Many PC gamers buy their games from this service. So this makes Gabe

and Valve a huge victim of piracy because its all enacted online.

Gabe Newell said this about piracy in an interview with the University of Cambridge's school newspaper: "We think there is a fundamental misconception about piracy. Piracy is almost always a service problem and not a pricing problem," he said. "If a pirate offers a product anywhere in the world, 24/7, purchasable from the convenience of your personal computer, and the legal provider says the product is region-locked, will come to your country 3 months after the US release, and can only be purchased at a brick and mortar store, then the pirate's service is more valuable." There is proof behind what he is saying, when Steam was about to expand to Russia, many people said it wasn't a good idea because everyone would pirate their products. Now Russia is on the verge of being Steam's biggest market in Europe.

This service argument goes for other industries as well. While Netflix includes many TV shows and movies, you can't get the most recent episode or movie on Netflix, but you can pirate it without having to sit in a movie theater for two hours. As University of Pacific students the Bradford software prevents us from pirating on campus, I know several students that

have pirated a variety of items outside of campus. This is all because piracy is a better service than anything else whether its Steam, iTunes, or Netflix. Until companies stop trying to prevent piracy through forcing buyers to add software to their computer or restricting their product; piracy will not be stopped. Provide a better service and people will go to it.

Another aspect of this piracy issue has to do with the website thepiratebay.org brought up in their press release: "Over a century ago Thomas Edison got the patent for a device which would 'do for the eye what the phonograph does for the ear.' He called it the kinetoscope. He was not only amongst the first to record video, he was also the first person to own the copyright to a motion picture. Because of Edison's patents for the motion pictures it was close to financially impossible to create motion pictures in the North American east coast. The movie studios therefore relocated to Calif., and founded what we today call Hollywood. The reason was because there was no patent. There was also no copyright to speak of, so the studios could copy old stories and make movies out of them - like Fantasia, one of Disney's biggest hits ever." This means that the current entertainment industry today is simply angry that different websites are

"We think there is a fundamental misconception about piracy. Piracy is almost always a service problem and not a pricing problem."

CEO and Co-Founder of Valve
Gabe Newell

now doing the exact thing they did in the past. They largely own their monopoly but it's crumbling from their own actions.

Now companies are buying off our Senators and Congressmen to protect their monopolies and censor the Internet. However, the internet has fought back and for now, SOPA and PIPA have been shelved. The Internet is the last bastion of free speech and the greatest method of creating content. The TV and the radio have been monopolized and now the MPAA, RIAA, and the ESA are all seeking to make sure that they can spread content however they please and by the rules they made for themselves after breaking the others in the past. Piracy is a problem, but Internet censorship is even worse.

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Is Ron Paul the Best Candidate for You?

Carrie Fung
CONTRIBUTING WRITER

As each Republican primary/caucus passes us by, we see more and more "survival of the fittest" tactics at work. The pack has thinned out quite a bit since the debates started mid-2011, and soon we'll be left with just one candidate. Rick Santorum won in Iowa by just a sliver, Mitt Romney had a win in New Hampshire by a solid 16.5% ahead of Ron Paul, and New Gingrich won the most recent primary in South Carolina by 12% of the votes. Though we haven't seen any repeat wins yet, Romney has clearly put himself in the lead, winning in New Hampshire and earning second in both Iowa and South Carolina.

Last Thursday, Rick Perry decided to drop out of the race for the Republican Presidential nomination and endorse Newt Gingrich. Even though I'm a bit disappointed he didn't endorse Ron Paul, I have to say it was about time he dropped out of the race! I thought Perry would have followed Jon Huntsman out, but I guess not. We all know it's only a matter of time

before all the weaker (less funded) options are weeded out, there was and is one man that stands determined to continue despite getting the GOP nomination: Dr. Ron Paul. Whether you're Republican or not, you have to admit that Paul has some pretty interesting stances.

Paul is anti-government controlled education. Student loan debt is on the minds of students all over campus; mine included. Ron Paul suggests we treat our education like our phones and computers. Have the marketplace there to create competition. In turn, Paul believes the quality of education will go up, and prices will come down. I'm not too familiar with economics, but anything seems like a better idea than what we're doing now. But even if the student loan program and the Department of Education are approved to be eliminated, it would be years before any of us would see any real changes.

Paul is anti-war. He doesn't believe the United States has any moral authority to run the rest of the world and play the global police. Unlike Gingrich who avoided the draft and did not serve our country, Paul

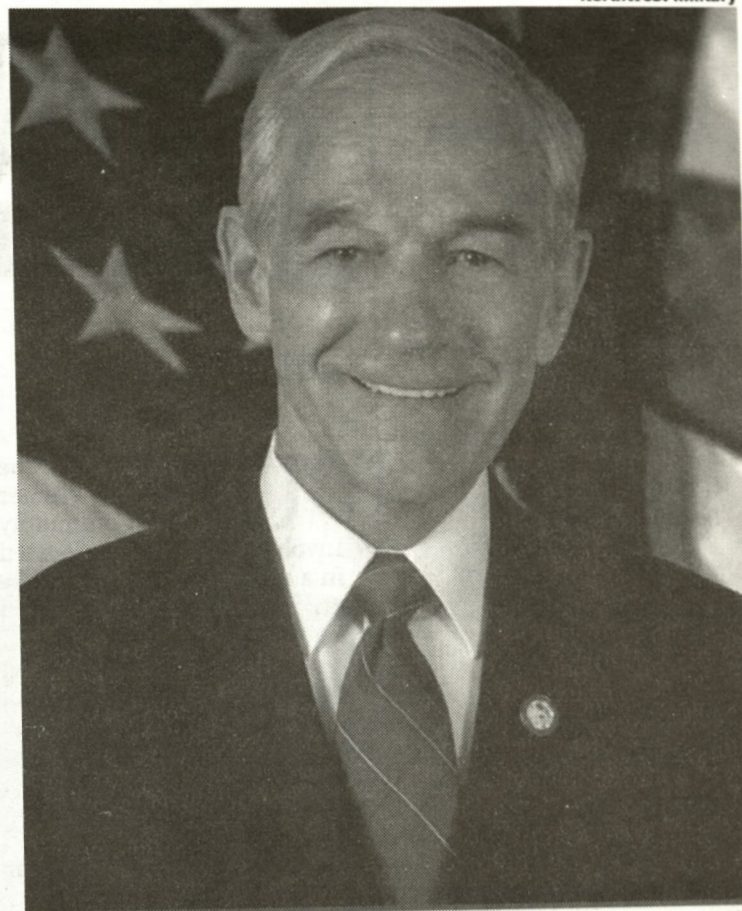
served in the US Air Force and the Texas Air National Guard during most of the 1960's. It's refreshing to see someone who has spoken about the need to get out of other countries' business, and bring our soldiers home. It's also refreshing to know that the Paul campaign has raised the more money from military personnel than any of the other Republican candidates combined. These soldiers could be our brothers, our sisters, our spouses, our high school friends, or just a guy that looks a bit familiar but you can't really place where you met him. Having them home would not only take them out of direct danger, but it would also save the country a lot of money. Since 2001, the US has spent about \$1,300,000,000,000 on wars alone.

Paul is against the war on drugs. He doesn't promote recreational drug use, but believes individuals have the right to choose for themselves. Today, illegal drug possession can land you extensive jail time as well as a fine. Instead of treating marijuana users as big time criminals, Paul wants to investigate elected officials in Washington. Oaksterdam University -- the first US cannabis college -- must be excited about that!

Paul is anti-SOPA (Stop Online Piracy Act). What would freedom be without a free Internet? On another note, the media hasn't paid much attention to Ron Paul. The Internet has helped dramatically with his run for candidacy. Sites like Ron Paul Flix and Blue Republican have gone a long way in spreading awareness via the Internet. With SOPA, Ron Paul Flix would be taken down in a heart beat, since its sole purpose is to post and share the limited media clips of Paul. Mention Machine shows Paul being tweeted about more than his opponents Gingrich, Romney, Santorum, and even President Obama. With SOPA in effect, it wouldn't just hurt the large number of Ron Paul supporters online, but all American citizens.

You're probably thinking that some of Paul's political stances aren't very conservative. You know, despite being dubbed as the father of the Tea Party and all. Well, that's because Paul is considered a conservative libertarian. For the 1988

Northwest Military



Ron Paul

HOPE FOR AMERICA

Be a part of it

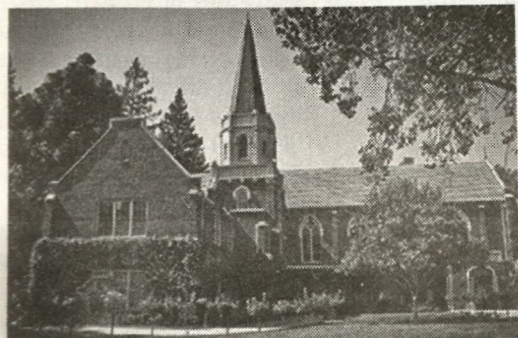
Presidential election, Paul actually ran as a libertarian. He finished right behind the Democratic candidate Michael Dukakis, and our former President George H.W. Bush. With the two party system, Paul was forced to chose the party he affiliates more with.

Even though the ticket may say 'Republican,' Ron Paul supporters come from many different parties and hold a vast variety of ideologies. Take the Blue Republicans for example. On their website, they describe themselves as "people who have never before thought of joining the Republican party, but are going to do so for one year to ensure that Ron Paul wins the Republican nomination for President in 2012." This is mostly for those living in closed primary states like California, where only those registered with the affiliated party can vote during primaries. Of course, it wouldn't hurt for everyone to change their party anyway.

This really shows how passionate people are for Ron Paul, and what he stands for. I guess people are just tired of big government taking away their liberties. Democrats, Progressives, Centrists, Libertarians! For those of you considering joining the GOP for a year to help Ron Paul, the registration deadline here in California is May 21st. Doing so will ensure your ability to vote Republican for our primary on June 5th.

I feel like such a defeatist saying this, but I doubt Paul will be able to secure the GOP nomination. And if all he decides to go for the write in, it might give President Obama the edge to secure a second term. Despite finishing a sad fourth in South Carolina, Paul has decided to push forward. His perseverance and optimism are nothing less than admirable. As for now, it's off to Florida. Mark your calendars for January 31, because it is sure to be another close race.

The Pacifican



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Thursdays at the
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Classroom at noon

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LIFESTYLES

Upcoming Student Events

Thursday, 1/26

Band: Attwater Performs
8PM AT THE LAIR

Friday, 1/27

Dumbledore's Army Presents:
First Annual Yule Ball
9PM UC BALLROOM

Taking Baby Steps
12PM IN FRONT OF THE UC

Saturday, 1/28

Bear Valley Ski Trip
6AM MEET AT BURNS
TOWER

Tuesday, 1/31

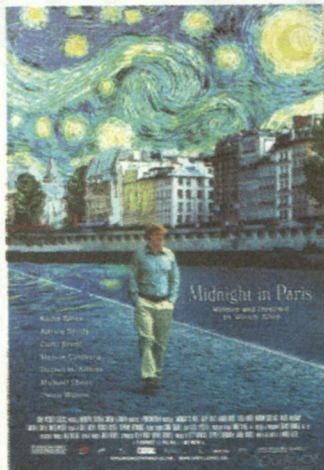
Open Mic Night
8PM AT THE LAIR

Wednesday, 2/1

Karaoke
8PM AT THE LAIR

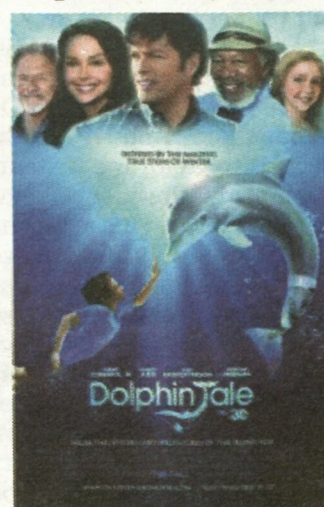
Movies This Week

Midnight in Paris, 1/26



Sony Pictures Classic

Dolphin Tale, 1/27



Warner Brothers Pictures

Students Return From Their Alternative Break Experience

Erin Haley
CONTRIBUTING WRITER

University of the Pacific's Center for Community Involvement (CCI) is located in a small, unobtrusive house across Pacific Avenue from Burns Tower. While the CCI is known for its work tutoring primary and secondary school students from Stockton, it also serves a myriad of purposes that connect University students with the Stockton community and beyond. Alternative Spring or Winter Break programs take students to Mexico or San Francisco to volunteer with organizations that work to combat issues such as poverty or homelessness.

This year, nine Pacific students, from freshmen to graduate students, participated in CCI's first Alternative Winter Break (SFAB) excursion to San Francisco. The primary purpose of the trip was to volunteer at various organizations that provide shelter, food, and clothing to individuals experiencing poverty and/or homelessness in the Tenderloin and Chinatown. Prior to the trip, the students met on a weekly basis to learn and discuss homelessness and poverty. Only slightly secondary was the chance to experience a small level of poverty. The students took public transportation to and from the city, stayed at a church and had limited food to last them the four days they were in San Francisco.

There were several locations at which the students volunteered. At Project Open Hand they helped other volunteers to prepare food that would combine to make 2,500 meals for delivery to individuals who are homebound following surgeries, or due to age and infirmity. The next day took them to St. Anthony's Foundation to serve and bus meals to



The 2012 Alternative Winter Break team visiting the Tenderloin National Forest. Joanna Mattsson-Boze

around 3,000 individuals. Following the service, the group was fortunate to have a small discussion with a member of St. Anthony's alcohol recovery program. The speaker was open and vulnerable, discussing his experiences, losses, and path of recovery. Members of the all-male recovery program are required to volunteer at St. Anthony's in some capacity.

Single room occupancy (SRO) buildings are quite common in San Francisco. They are 8ft x 10ft rooms that sometimes house up to 3 generations. There are two common kitchens on each floor and several bathrooms which are shared by the residents. The Pacific students helped to clean a portion of the common areas for one SRO in Chinatown. (Don't worry—the bathrooms were off limits!). Following this they were taken on the Chinatown Alleyway Tour and learned about the development of a unique and historical section of San Francisco.

Finally, the students volunteered at Glide, a non-denominational organization serving individuals in need. Those who have seen the movie "The Pursuit of Happyness" may recognize this as the place in which Will Smith's character stayed when he was temporarily homeless.

Here, the students again served breakfast in the dining areas, serving approximately 1,000 meals.

A compact and enlightening experience that broadened the perspectives and comfort zone of all who participated, SFAB provided safe yet realistic exposure to what it is like to experience poverty and to give back to community. A similar trip will be hosted this Spring Break, which will take place in Mexico. Though it is too late to sign up for this year's trip, both of these events are scheduled to happen next year.

For more information about Alternative Breaks, you can contact Erin Rausch at erausch@pacific.edu. You can find more information about the organizations mentioned in the article by contacting the numbers below. All of these organizations require the help of volunteers in order to stay running.

Project Open Hand -
(415) 447-2300

St. Anthony's Foundation -
(415) 241-2600

Chinatown Community Development Center -
(415) 984-1450

Glide - (415) 674-6000

DA Event: Yule Have a Ball!

Juliene Sesar
LAYOUT EDITOR

This coming Friday, January 27th from 9PM to 12AM in the UC Ballroom, Dumbledore's Army (DA) Pacific Division will be hosting University of the Pacific's first ever Yule Ball. Don't know what the Yule Ball is? It is a tradition from the novel Harry Potter and the Goblet of Fire by JK Rowling.

The Yule Ball is a dance traditionally held on the evening of Yule, the pagan winter solstice, for the Triwizard Tournament. It is a chance for the 'champions' and others to get together and celebrate. While the Yule Ball at Pacific is based off of the Harry Potter book series, students and no one is required to dress up.

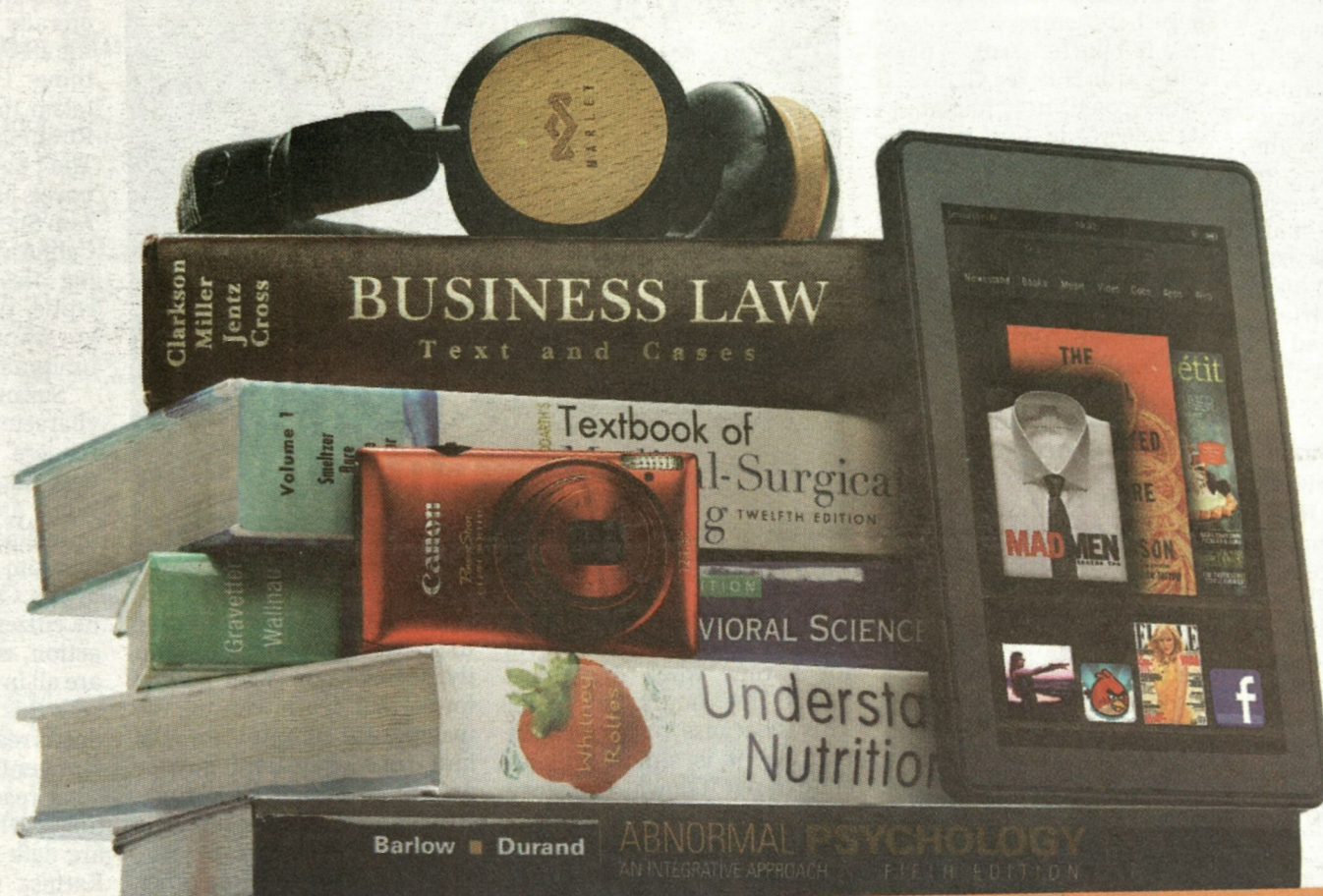
"It is technically a normal dance, but we certainly encourage costumes or creative attire that people feel would add to the evening, but it isn't required by any means," said Chloe Umble, Headmistress of the DA. The dance will also be free of charge to everyone.

The DA was found in the fall of 2011, and is trying to become better known on campus. Anyone can come to their weekly meetings on Thursdays in the Grace Covell Banquet Hall starting February 2nd at 8PM.

The DA is the perfect organization to join if you love of Harry Potter. "Our meetings have become a time for a large group of students from a wide variety of majors and class rankings to get together, laugh and share our love and interest in Harry Potter," said Umble.

For more information on the DA and how to get involved, like their Facebook page: Dumbledore's Army: Pacific Division.

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The Hunger Games Leaves Readers Hungry For More

Ruben Dominguez
SPORTS EDITOR

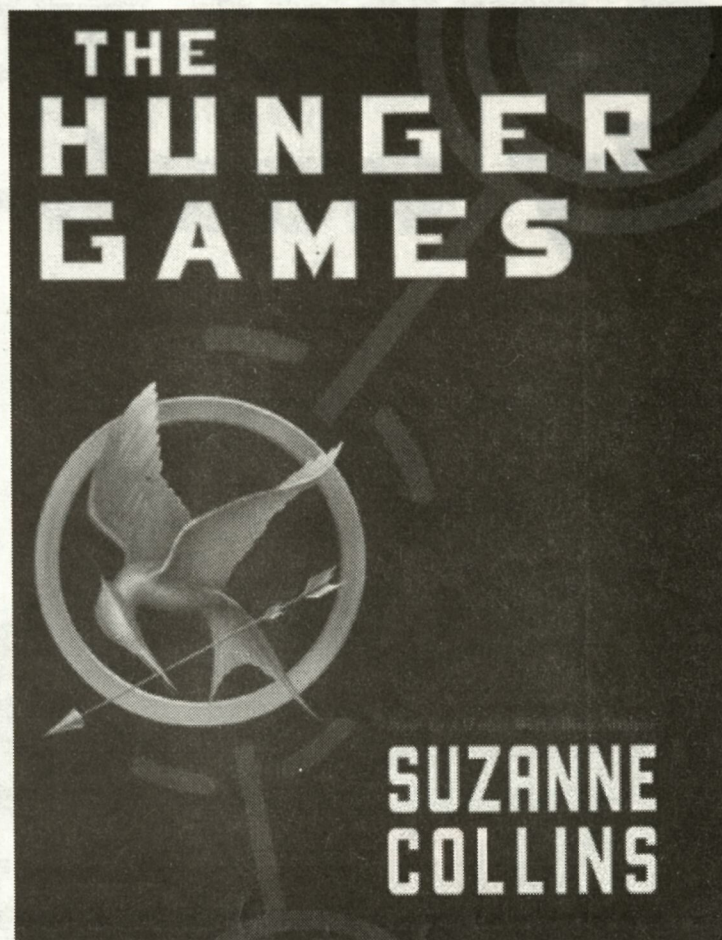
Knowing that, on March 23rd, the film adaptation of Suzanne Collins' *The Hunger Games* will hit theaters nationwide, potential moviegoers will want to find about the novel that started it all. Set several centuries in the future in the territory once known as North America, *The Hunger Games* is focused in the nation of Panem, comprised of the shining, glorious Capitol city and its twelve surrounding districts, which supply the capitol with everything from food to lumber to fancy wristwatches. There was originally a thirteenth district. However, when the Capitol fought back a rebellion from the districts, District 13 was destroyed to set an example for the other districts, which have become ridden with poverty and despair.

As a result of the rebellion, the Capitol created the Hunger Games as a way to remind the districts of the Capitol's power and control over them. Once a year, each district must send one boy and one girl, both between the ages of twelve and eighteen, to compete in the Games, a literal fight to the death, with the last person standing receiving enough fortune to live a luxurious life.

The story begins in District 12, supplier of the Capitol's coal. Katniss Everdeen, a

sixteen-year-old daughter of a miner killed in an explosion, preparing for Reaping Day (the day where the contestants from each districts are chosen) with her friend and male hunting partner Gale Hawthorne. Despite the incredible odds against it happening, Katniss' younger sister, twelve-year-old Primrose, is chosen to compete. Katniss, in a desperate attempt to spare her sister's life, volunteers to take her sister's place in the 74th Hunger Games. If that weren't enough, Katniss has a secret history with the chosen male contestant, Peeta Mellark, the son of the district baker.

Now, Katniss and Peeta, along with the drunken Haymitch Abernathy, the duo's mentor and District 12's only living previous winner of Hunger Games, must travel to the Capitol, where they will be in a world of luxury, opportunity, and corruption. While at the Capitol, Katniss and Peeta must deal with intense scrutiny under the Capitol's watchful eye, all preparing for what is quite literally the fight of their lives. The two must work together in order to not step out of line, deal with moral struggles of life and love, and train for the battles ahead. If they can survive that, there are the Games themselves. If Katniss and Peeta want to make it back home alive, they must push each other to the brink in order to survive the Hunger Games.



Scholastic

It becomes apparent that readers must save the novel for a time when they have about five hours to spare. This is because, once you start reading, it is almost impossible to put it down. The story is told in first person through Katniss' point of view. Collins mixes dialogue with thoughts and actions, making for a fast-paced style of reading. Instantly, you imagine your-

self in Katniss' place, hunting to provide for your poor family, seeing your sister chosen for certain death, viewing the magnificent Capitol for the first time, questioning your definitions of right and wrong, struggling to understand your feelings, and trying to survive when twenty three other people your age are trying to kill you. All of the sudden, you look up and see that five hours

have gone by and you turned to page 394.

Something which readers are constantly reminded is the sheer power the Capitol holds over its districts. While district members have to mine coal, reap crops, timber, stitch clothing, perform other manual labor to make sure that their ones don't die from starvation, the citizens of the Capitol press three buttons and a delicious filet mignon appears before them; or a sensual bath filled with bubbles from different soaps is filled. This while their trusty government flies around in helicopters making sure none of the districts tries to change anything. Certainly, Collins has taken themes from films like *Running Man*, *Series 7*, *The Condemned* and novels as 1984, *The Walk*, Kim Stanley Robinson's *The Californias Trilogy* in presenting the novel's post-apocalyptic, tyrannical, controlled government, one which prohibits any form of free speech.

Suzanne Collins creates characters that touch readers. Readers sympathize with Katniss' conflicting emotions; are warmed by Peeta's immense kindness and compassion; and become angry at the Capitol for oppressing its citizens. Suspense, drama, action, mystery, and surprise are all in store for anyone who sees this story to the end. Indeed, readers who finish *The Hunger Games* (quite frankly, what reader wouldn't want to finish *The Hunger Games*) are left wanting more. Katniss' will to survive creates a spark that might make another rebellion catch fire?

February Events

Jesse Voelkert
LIFESTYLES EDITOR

This February will feature a host of events. In addition to a Tiger Nights planned for February 3rd, ASUOP will host musical performances, including the band Milo Greene on February 16th.

Also this month are a number of performances and lectures in honor of Black History Month. Of these includes live hip-hop, poetry, and open-mic performances at "Say It Loud" on February 7th put on by a collaboration between ASUOP, the Multicultural Center, and BSU. There will also be a performance and lecture by two-time Grammy-award winner India Arie. This is anticipated

to be a huge event, with 500 tickets being held aside for Pacific students.

The beginning of the month, Xi Chi Sigma will be hosting their "STKs & Stones Jam," which will feature musical performances and a collection of dance crew performances. Also at the beginning of the month will be "Gospelfest 2012: Reach Out and Praise" which will feature nationally recognized gospel artists James Fortune and Deon Kipping. The event will be collecting donations for the Gospel Center Rescue Mission Family Shelter. Both events happen February 4th.

Stay tuned for information on these events in the coming weeks!

NUTRICAT'S CORNER

Sun Goddess: Vitamin D

Alexandra Caspero
CAMPUS DIETITIAN

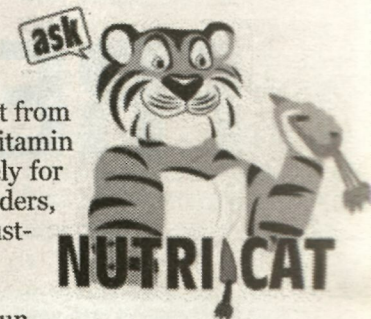
Quiz time. What is the only vitamin that you don't have to get from food? If you guessed Vitamin D, you're right! This important vitamin (actually a hormone) has been getting a lot of media buzz lately for its role in cancer prevention, blood glucose control, mood disorders, and bone health. Are you getting enough? Read below for 2 must-know facts about vitamin D.

1. We already noted that you CAN get vitamin D from the sun. However, most of us don't during winter months. We live too far north to be able to make enough Vitamin D from just being outside.

2. There are a lot of barriers to vitamin D production: air pollution, sunscreen, and the time of day. Generally, the best time to get Vitamin D is when the sun is highest, from 10AM-2PM in the summer months. However, those are also the times of day that the sun is the most powerful.

The bottom line? You probably not getting enough Vitamin D if you rely only on the sun. Good food sources: fortified milk and cereals, salmon, tuna, egg yolks and supplements.

Want to see if you're getting enough? Make a free appointment with NutriCat online MyHealth @Pacific



SPORTS

TIGER X SCHEDULE

THUR, JANUARY 26 -- WED, FEBRUARY 1
@ Baun Fitness Center

1/26:

7:15-8:00 AM -- Cardio Sculpt (WR)
12:05-12:50 PM -- Yoga (WR)
4:00 PM-5:00 PM -- Power Sculpt (WR)
5:15-6:15 PM -- Turbo Kick (WR)
6:30-7:30 PM -- Bollywood (WR)
6:40-7:00 PM -- Awesome Abs (RR)
7:45-8:45 PM -- Cardio Salsa (WR)

1/27:

12:05-12:50 PM -- Pi-Yo (WR)
4:00-5:00 PM -- Cardio Boot Camp (WR)
5:10-6:35 PM -- Yoga (WR)

1/30:

6:45-7:15 AM -- Pi-Yo (WR)
9:00-10:00 AM -- Fit & Funtional (WR)
1:05-1:50 PM -- Body Circuit (WR)
4:00-5:00 PM -- Piloxing (WR)
5:15-6:15 PM -- Yoga (WR)
5:30-6:15 PM -- Indoor Cycle (RR)
6:30-7:30 PM -- Turbo Kick (WR)
7:45-8:45 PM -- Step & Sculpt (WR)

1/31:

7:15-8:00 AM -- Cardio Sculpt (WR)
12:05-12:50 PM -- Yoga (WR)
4:00-5:00 PM -- Core Cycle (WR)
5:15-6:15 PM -- Barre (WR)
6:30-7:30 PM -- Turbo Kick (WR)
6:40-7:00 PM -- Awesome Abs (RR)
7:45-8:45 PM -- Swing Dance (WR)

2/1:

6:30-7:15 AM -- Sunrise Cycle (RR)
9:00-10:00 AM -- Fit & Funtional (WR)
12:05-12:50 PM -- Power Sculpt (WR)
4:00-5:00 PM -- Piloxing (WR)
5:10-6:20 PM -- Yoga (WR)
5:30-6:15 PM -- Indoor Cycle (WR)
7:45-8:45 PM -- Vinyasa Yoga (WR)

RR -- Rubber Room WR -- Wood Room

Pacific Dominates Big West Foe UC Davis

Rivera Leads Team in Scoring and Rebounding as Tigers Use Defense to Cruise to 64-48 Win

Athletic Media
Relations

Pacific defeated UC Davis 64-48 on Saturday, Jan. 21 in the Spanos Center. The Tigers improved to 6-12 on the season, 2-4 in Big West Conference play. UC Davis dropped to 1-17, 0-6 in league play.

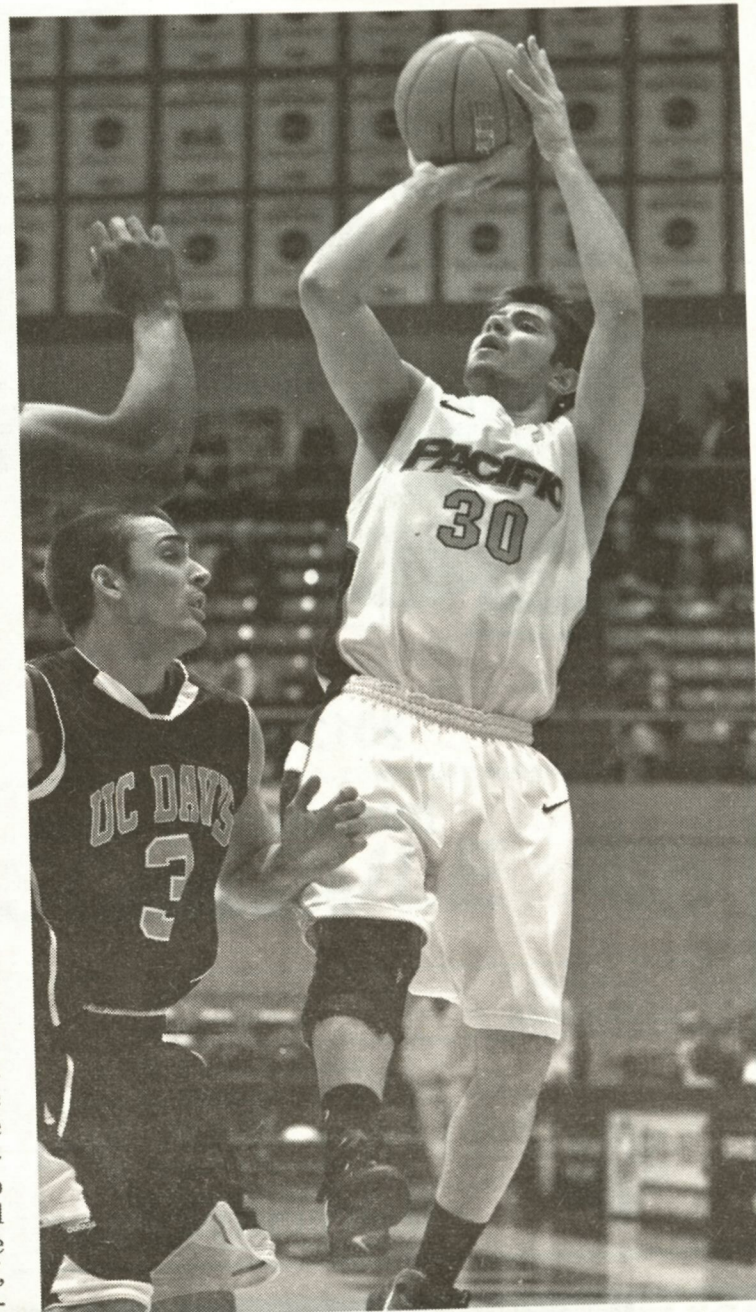
"It was important for us to win at home tonight and we did a great job defensively," said Pacific head coach Bob Thomason. "I don't think we could have played harder or better in the first half, we just didn't shoot the ball well."

Pacific scored the first four points to set the tone for the game, as the Tigers would not trail in the contest. The Aggies evened the game to 10-10, six minutes into the half, but a pair of three-pointers by juniors Travis Fulton and Markus Duran gave Pacific a 16-10 lead.

UCD's Eddie Miller answered with a three-pointer, but the Tigers pushed the lead to eight (21-13) after five straight points on a jumper from sophomore Ross Rivera and three free throws. A short 5-2 segment cut Pacific's lead to 21-16. The Tigers turned up the defense in the late moments of the first half, holding the Aggies scoreless over the final 5:16 of the first half. Pacific finished the half on a 7-0 run to lead 30-18.

Junior Lorenzo McCloud hit a three-pointer to open the second half as the Tigers' lead stayed in double figures for the remainder of the game. The Aggies used a 7-2 run to cut the lead to 10 (35-25) with 15:14 to play in the game. A 9-1 spurt by Pacific featuring four points from Fulton pushed the lead back to 44-26 three minutes later.

UC Davis cut it back to a 12 point game (46-34) after an 8-2 run, but the Tigers



Natalie Compton

Junior Rodrigo De Souza (30) attempts a shot over two Aggie defenders.

pulled away from there. Five points each from Duran and Rivera in a 13-5 stretch gave the Tigers a 20 point lead (59-39) and the lead would not fall below 16 the rest of the way.

Rivera led the Tigers with 19 points, grabbing a team-best nine rebounds. Duran added 17 points, hitting five three-pointers while Fulton scored 13 for Pacific.

The Tigers won despite shooting just 36.7 percent from the field. Strong de-

fense held UC Davis to an opponent season-low of 48 points, 34.0 percent shooting from the field and forced 14 turnovers. Pacific outscored UCD 24-8 in points off of turnovers. Miller was the only Aggie in double figures with 12 points.

The Tigers are next in action with a home game against Cal Poly on Thursday, Jan. 26th at 7PM in the Alex G. Spanos Center.

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News and Notes



WOMEN'S BASKETBALL: Pacific travelled to Big West foe UC Davis on Saturday, falling to the Aggies in a 59-51 contest. Junior Kendall Rodriguez led the Tigers in scoring with 18 points, 13 of which came in the final nine minutes. Freshman Kendall Kenyon finished with a team-high seven rebounds, while sophomore Gena Johnson tallied five assists.



MEN'S VOLLEYBALL: The Tigers began the 2012 MPSF road schedule with trips to UC Santa Barbara and UCLA. On Friday, Pacific dispatched the 2011 National runner-up Gauchos in a 3-1 (25-23, 25-21, 20-25, 25-13) win. Preseason All-American junior Taylor Hughes totalled 13 kills and six blocks. The Tigers were not so fortunate Saturday, as they fell to No. 3 UCLA 3-0.



WOMEN'S TENNIS: The Women's team travelled to Las Vegas, Nev. as part of the UNLV Quad Tournament. Friday, the Tigers easily shut out Weber State 7-0 to begin the year. All Tigers scored two-set victories in Singles competition. The next game, the Tigers fell 7-0 to host No. 36 UNLV. The next day, the team rebounded with a 5-2 win over New Mexico State.



MEN'S SWIMMING: The Tigers travelled to UC Santa Cruz for a tri meet against the Banana Slugs and Fresno Pacific. Pacific was able to take out UC Santa Cruz but ultimately fell to Fresno Pacific. Freshman Cooper Rodgers took first in the 100 Back (52.50). Freshman Balazs Erdelyi also took first in the 100 Free (21.74), while the 400 Free Relay team also won its event (3:07.81).



WOMEN'S WATER POLO: Pacific began the 2012 season with a 2-2 showing at the Spartan Invitational in San Jose, Calif. Saturday, the Tigers fell to host No. 5 San Jose State 11-3 before responding with a 12-9 win over Fraser Valley (Canada). Sophomore Elise Martin tallied a team-high four goals in the win. Saturday, Pacific fell to No. 2 Cal but ended with a 10-9 victory over Santa Clara.



MEN'S TENNIS: The Men's team was not as lucky. Saturday, the Tigers fell to Idaho 4-3. The Doubles teams of senior Tomasz Krzyzkowski/freshman Ben Mirkin and senior Ivan Castro/Alex Hamilton scored wins. The following day, the team was felled 7-0 by Washington. Krzyzkowski and Mirkin were the only Pacific Singles competitors to win their respective matches.

Standings

(as of January 26, 2012)

WOMEN'S BASKETBALL

	Big West		Overall	
	W	L	W	L
CSU Northridge	5	2	10	9
UC Irvine	5	2	9	11
UC Davis	4	2	12	6
Long Beach State	4	3	9	11
Pacific	3	3	10	8
UC Santa Barbara	3	3	8	9
Cal Poly	3	3	5	12
CSU Fullerton	1	5	8	10
UC Riverside	1	6	3	16

MEN'S BASKETBALL

	Big West		Overall	
	W	L	W	L
Long Beach State	7	0	14	6
CSU Fullerton	4	2	12	6
UC Santa Barbara	4	2	9	7
UC Riverside	4	2	10	9
Cal Poly	3	4	12	8
UC Irvine	3	4	6	12
Pacific	2	4	6	12
CSU Northridge	2	5	5	12
UC Davis	0	6	1	17



PACIFIC SPORTS SCHEDULE



HOME GAMES IN BOLD	THURSDAY, JANUARY 19	FRIDAY, JANUARY 20	SATURDAY, JANUARY 21	SUNDAY, JANUARY 22
MEN'S BASKETBALL	vs. Cal Poly Alex G. Spanos Center 7:00 PM		vs. UC Santa Barbara Alex G. Spanos Center 7:00 PM	 NO GAMES SCHEDULED
WOMEN'S BASKETBALL	@ Cal Poly Robert A. Mott Gymnasium 7:00 PM		@ UC Santa Barbara The Thunderdome 2:00 PM	
MEN'S SWIMMING		vs. UC Santa Barbara Chris Kjeldsen Pool 1:00 PM		
WOMEN'S SWIMMING		vs. UC Santa Barbara Chris Kjeldsen Pool 1:00 PM		
MEN'S TENNIS			vs. UC Davis Hal Nelson Courts 1:00 PM	
WOMEN'S TENNIS		vs. Oregon Hal Nelson Courts 1:00 PM		
MEN'S VOLLEYBALL		@ Ohio State Ken & Dave Dunlap Invite 4:30 PM	vs. Penn State Ken & Dave Dunlap Invite 5:00 PM	
WOMEN'S WATER POLO				

Women's Swimming Easily Wins Tri Meet

Pacific Takes Out Fresno Pacific and UCSC

Athletic Media Relations

The Pacific women's swimming teams competed against both Fresno Pacific and host UC Santa Cruz in a tri meet Saturday, Jan. 21. The Tigers dominated the meet, notching nine individual titles and one relay title en route to a pair of victories.

The group of junior Becca Wyant, junior Mallory McGowan, freshman Dekel Shahaf, and sophomore Mary-Ella Randall gave the Tigers a victory in the 200 Medley Relay with a time of 1:46.40.

The first of Pacific's event wins came in the 1000 Free as senior Jayme Swalin touched first with a time of 10:34.66. Taking second was sophomore Shannon Van Konynenburg behind a time of 10:52.59.

The 200 Free saw sophomore Hayley Shillington take home first place after stopping the clock at 1:53.80. Fellow classmates Bo Cameron and Lydia Schramm came in fourth (2:00.22) and seventh (2:02.38), respectively.

Sophomore Shelby Bolin was one of five Pacific swimmers to finish in the top half in the 100 Back, taking second with a time of 1:00.20. Right behind her was Wyant, who came in at 1:00.52. Freshman Annie Sumioka took sixth with a time of 1:01.66, while junior Lauren Bugglin took seventh with a

time of 1:01.82.

Taking first in the 100 Breast was McGowan behind a time of 1:04.99. Junior Allie Vetterlein's time of 1:09.04 was good for third while senior Lia Santini came in fifth with a time of 1:11.48.

The 200 Fly saw junior Jenna Chaplin pick up an event title as she stopped the clock at 2:09.84. Taking fifth was Schramm with a time of 2:19.57.

Pacific dominated the 50 Free, going 1-2-3-4, and added a sixth-place finish. Randall won the event with a time of 25.03. She was followed by Shahaf (25.48), Sumioka (25.55), and Bugglin (25.65). Van Konynenburg came in sixth with a time of 26.06.

Randall also won the 100 Free, touching the wall at 53.64. Van Konynenburg earned third place with a time of 55.35 while Sumioka took fifth behind a time of 56.26.

The Tigers raced very well in the 200 Back as five swimmers finished in the top six. Shillington came in second with a time of 2:13.01, followed by Shahaf (third; 2:14.67) and freshman Kelsey Crowder (fourth; 2:15.83). Cameron took fifth with a time of 2:16.69 while Bugglin came in sixth with a time of 2:17.46.

McGowan collected her second win of the day in

the 200 Breast, clocking in at 2:25.60. Santini was the runner-up with a time of 2:34.75.

The 500 Free saw Swalin claim first place behind a time of 5:11.59 while Chaplin clocked in at 5:13.07, good for second. Bolin came in third with a time of 5:17.10 while Schramm finished seventh, stopping the clock at 5:25.09.

Taking first in the 100 Fly was Wyant, who came in at 58.83. Vetterlein finished second with a time of 59.28 while freshman Nicole Hau took fourth behind a time of 1:02.13.

Wyant collected a second-place finish in the 200 IM with a time of 2:12.60. Taking fourth was Crowder (2:17.32), followed immediately by Mack (2:17.97).

Pacific ended its impressive showing with a second-place finish in the final event of the meet, the 400 Free Relay. Shahaf, Swalin, Shillington, and Randall clocked in at 3:38.47.

The Tigers conclude the dual meet portion of their season this Friday, Jan. 27, when they welcome conference foe UC Santa Barbara to Kjeldsen Pool for a 1PM meet. The women will recognize their four seniors (Ellen Barton, Lia Santini, Jayme Swalin, and Elena Waltermann) prior to the start of the meet.



Natalie Con...
Members of Pacific's 2011 Big West Championship Softball team (left to right: Tori Shepard, Nikki Armagost, Kamalei Pitoy, Ciera Rojas) receive appreciation from the crowd at halftime of Saturday's basketball game versus UC Davis.

2011 Big West Champs Honored

Ruben Dominguez
SPORTS EDITOR

Pacific's 2011 Big West Champion Softball team was honored during halftime of the Pacific Men's Basketball game against UC Davis on Saturday.

Last year's team, who won Pacific's first ever conference championship in softball, finished with a 37-19 record, the highest winning percentage in program history.

The Tigers clinched the title with a dramatic 9-8 victory at conference foe Cal Poly in eight innings. It was the second game in a doubleheader on May 13, 2011. Alex Rivera and Nicole

Matson (both juniors at the time) gave the Tigers the win when Rivera drove Mats...

Tori Sheppard, a freshman last season, pitched all 11 innings, giving up eleven runs and only four earned runs.

In the team's first Big West Tournament appearance, the Tigers fell to group member Stanford and Nebraska close out the season.

This year's team will begin in an unfamiliar position as they defend their championship. Pacific will begin the 2011 season with games against Kentucky and UCLA at the Stacy Winsberg Memorial Tournament, February 10 and 11th, respectively.

Eating Disorders



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CONTRIBUTING WRITER

The definition of an Eating Disorder is as follows: an inordinate focus on body weight, preoccupation with dieting, distorted body image, or abnormal relationship with food. An Eating Disorder is a bio-psychosocial disorder because it makes individuals think that they need to look a certain way that is acceptable to society.

An example of an Eating Disorder is Anorexia. Anorexia Nervosa is a condition that involves a crippling obsession with leanness and avoidance of food mainly through dieting. This disorder begins with normal attempt to lose or maintain weight. Some of

the signs that accompany this disorder include denial, feelings of inadequacy, compulsive exercising, eating in isolation, guilt about eating, and wearing baggy clothes to disguise thinness are just a few of many more signs to look for. Some of the changes that can occur to the body include; yellowing of the skin, constipation, dry scaly skin, hair growth, loss of menstrual cycle, decalcification of bones.

Another common Eating Disorder is Bulimia Nervosa. In this disorder you typically see an individual overeat followed by guilt and vomiting. Some of the signs to look for are; eating when depressed, abuse of drugs, criticism of own body, compulsive dieting, and visiting the bathroom after meals.

Some of the effects that this disorder can have on the body includes; broken facial blood vessels, fainting, electrolyte imbalance, loss of tooth enamel and increased cavities, swollen cheeks, and heart burn.

Disordered eating is very different than an Eating Disorder. An Eating disorder is more serious because there is a Bio-psychosocial component to it in which the body and mind are at risk. Some common examples of disordered eating include binge eating, fasting, not eating healthy, having binge eating patterns, and binge drinking. Knowing the signs and symptoms of eating disorders is essential in order to recognize the difference between an eating disorder and disordered eating.